In the Module 3 TED Talk Video Assignment Mark Smith delves into the essence of leadership and coaching drawing from his experience in these fields. He emphasizes the importance of guiding and inspiring others towards goals touching upon key elements like leading by example nurturing trust through consistent actions and upholding credibility. Smith also sheds light on coaching as a means to empower individuals by recognizing their strengths and weaknesses while fostering an environment to growth. Effective communication, attentive listening and emotional intelligence play roles in both leadership and coaching according to him. Encouraging goal setting with team involvement and regular reviews is another highlight of his discussion. Additionally, he advocates for empowering team members through task delegation based on their skills and adapting to changing situations with flexibility. Lastly Smith underscores the significance of creating a culture centered around respect, collaboration and continuous learning as he urges for applying these principles in personal as well as professional spheres.

Reflecting on my experience I had a teammate named Dilan Selvage who truly embodied exceptional leadership qualities. He used to be the star quarterback in our school, and he always took pride in being the glue that held our team together. Dilan was known for his positivity, constantly wearing a smile and boosting the team's energy and confidence no matter what. His words of encouragement didn't stop on the field; they touched all aspects of our lives. Dilans strong work ethic and commitment to excellence naturally positioned him as a leader, which led us to bond over our shared values. His unwavering support and boundless optimism did not just lift our team but also motivated us to strive for greatness in everything we pursued.

One important quality of leadership; I firmly believe that stubbornness is a trait for effective leadership. When channeled positively stubbornness manifests as persistence and an unshakeable determination. Just think about it—can you name a leader who isn't persistent? In the animal kingdom the most dominant leaders are those who remain steadfast in their endeavors. Stubborn leaders don't give up easily; they persistently work towards their objectives to prove their mettle. This relentless determination is vital for overcoming challenges and attaining success. I personally recognize this quality within myself as others have acknowledged my tenacity well. My stubborn streak fuels my leadership abilities allowing me to navigate obstacles with resolve while inspiring others to do the same. This characteristic does not shape how I lead but also drives me towards ongoing progress and success.